



BURLINGTON COUNTY
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New Jersey Local Information Network Communications System Health Alert Network
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(BCHD10-348) Public Health Advisory - Measles Exposure - PA Resident

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The New Jersey Department of Health and Senior Services is requesting that all public health and medical professionals be alert for individual presenting with signs or symptoms compatible with measles. Appropriate isolation precautions must be instituted immediately for all suspected and confirmed cases.

Attached please find a Montgomery County Health Department (Norristown, PA) press release regarding a recent case of lab-confirmed measles identified in an unvaccinated international traveler from Malawi, Africa where there is a large ongoing measles outbreak. The press release includes the locations, dates and times this individual may have contacted individuals while infectious. Please note that the individual reported travel to Longport, NJ Beach for a day trip on July 30. We have been in touch with the Montgomery Health Department. WE DO NOT KNOW OF ANY SPECIFIC NJ CONTACTS. The exposure to rash onset averages 14 days (range, 7 - 18 days). As always, we ask that health care providers be on alert for individuals with signs or symptoms compatible with measles so that appropriate isolation precautions can be initiated.

We would also like to take this opportunity to remind everyone of the importance of ensuring that all individuals are age appropriately immunized against vaccine-preventable diseases.

Measles is an immediately reportable disease as per N.J.A.C 8:57 which can be accessed at: <http://nj.gov/health/cd/reporting.shtml>. Please report all suspect cases to your local health department. If unable to reach the local health department, notify the NJDHSS Vaccine Preventable Disease Program during regular business hours at (609) 826-4861. After business hours, or on the weekend, call NJDHSS at (609) 392-2020.

Measles Overview

Measles is a highly contagious disease that is transmitted by respiratory droplets and airborne spread. The disease can result in severe complications, including pneumonia and encephalitis. The incubation period for measles ranges from 7 to 18 days. The diagnosis of measles should be considered in any person with a generalized maculopapular rash lasting = 3 days, a temperature = 101°F (38.3°C), and cough, coryza, or conjunctivitis. Immunocompromised patients may not exhibit rash or may exhibit an atypical rash.

Recommendations

Healthcare providers should maintain vigilance for measles importations and have a high index of suspicion for measles in persons with a clinically compatible illness who have traveled abroad or who have been in contact with travelers. They should assess measles immunity in U.S. residents who travel abroad and vaccinate if necessary. Measles is endemic in many countries, including popular travel destinations, such as Japan and India. Suspected measles cases should be reported immediately to the local health department, and serologic and virologic specimens (serum and throat or nasopharyngeal swabs) should be obtained for measles virus detection and genotyping. A culture is preferable to serology in vaccinated individuals. Laboratory testing should be conducted in the most expeditious manner possible.

Preventing Transmission in Healthcare Settings

To prevent transmission of measles in healthcare settings, airborne infection control precautions (available at <http://www.cdc.gov/hicpac/2007IP/2007isolationPrecautions.html>) should be followed stringently. Suspected measles patients (i.e., persons with febrile rash illness) should be removed from emergency department and clinic waiting areas as soon as they are identified, placed in a private room with the door closed, and asked to wear a surgical mask, if tolerated. In hospital settings, patients with suspected measles should be placed immediately in an airborne infection (negative-pressure) isolation room if one is available and, if possible, should not be sent to other parts of the hospital for examination or testing purposes.

All healthcare personnel should have documented evidence of measles immunity on file at their work location. Having high levels of measles immunity among healthcare personnel and such documentation on file minimizes the work needed in response to measles exposures, which cannot be anticipated.

As an added precaution, hospital Emergency Departments are encouraged to provide signage which directs staff and/or patients to identify anyone presenting with fever and rash.

In Summary

- 1) Report all suspect measles cases (febrile illness accompanied by generalized maculopapular rash) immediately (DO NOT WAIT FOR LABORATORY CONFIRMATION) to the local health department. If unable to reach the local health department, notify the NJDHSS Vaccine Preventable Disease Program during regular business hours at (609) 826-4861. After business hours, or on the weekend, call NJDHSS at (609) 392-2020.
- 2) Place all patients with suspected measles in airborne isolation immediately.
- 3) Obtain clinical specimens for diagnostic testing from blood (for both IgM and IgG to measles), urine, nasopharyngeal aspirates, or throat swabs.
- 4) Offer measles vaccine or immune globulin to susceptible exposed contacts.
- 5) Assure that all those eligible for MMR vaccine receive appropriate and timely vaccination.

Resources

<http://www.cdc.gov/measles/index.html>

<http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/meas.pdf>

<http://www.nj.gov/health/cd/vpdp/index.shtml>

One (1) file attached:

Measles Exposure Press Release (PA) 13 Aug 2010.pdf



COUNTY OF MONTGOMERY

Commissioners

James R. Matthews

Chairman

Joseph M. Hoeffel Bruce L. Castor, Jr.

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Director of Health/Medical Director

MONTGOMERY COUNTY HEALTH DEPARTMENT

1430 DeKalb Street, PO Box 311

Norristown, PA 19404-0311

Phone: 610-278-5117 Fax: 610-278-5167

TDD: 610-631-1211

www.health.montcopa.org

Contact, Harriet Morton-610-278-5117 x6705

For Immediate Release:

Health Department Announces Possible Measles Exposure

August 13, 2010 (Norristown, PA) The Montgomery County Health Department is alerting residents that a case of measles has been identified in a Montgomery County resident who traveled internationally to Malawi, Africa where there is a large, ongoing measles outbreak. At present, only the traveler has been identified as a case, however surveillance has been enhanced.

County investigators and staff from local health care facilities have contacted a large number of individuals who might have been exposed to measles to assess each person's risk. While most of those exposed have been found to be immune to the disease, some non-immune persons have been asked to stay home until they are cleared of risk.

The resident visited several places during the infectious period. Because measles is spread by infected droplets during sneezing or coughing, contaminated objects, and direct contact with nasal or throat secretions of infected persons, exposures may have occurred at these places. The measles virus resides in the mucus in the nose and throat of infected people. When they sneeze or cough, droplets spray into the air and the droplets remain active and contagious on infected surfaces for up to two hours.

Exposures may have occurred at the following locations and times:

Dr. Rosenberg's dental office and waiting area on Montgomery Avenue in Narberth:

- Between 9:00 a.m. and 12:00 p.m. on July 27

Acme on Montgomery Avenue in Narberth:

- July 27 – July 29

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NORRISTOWN HEALTH CENTER

1430 DeKalb Street, PO Box 311

Norristown, PA 19404-0311

Phone: (610) 278-5145 Fax: (610) 278-5166

POTTSTOWN HEALTH CENTER

364 King Street

Pottstown, PA 19464

Phone: (610) 970-5040 Fax: (610) 970-5048

EASTERN COURT HOUSE ANNEX

102 York Road, Suite 401

Willow Grove, PA 19090

Phone: (215) 784-5415 Fax: (215) 784-5524

Whole Foods on East Lancaster Avenue in Wynnewood:

- July 27 - July 29

Philadelphia International Airport in Philadelphia at the US Airways Baggage Claim B/C:

- Between 6:00 p.m. and 9:30 p.m. on July 28

Longport, NJ Beach:

- July 30

The Delaware Valley Infectious Disease Associates office and waiting area on East Lancaster Avenue in Wynnewood:

- Between 11:30 a.m. and 2:45 p.m. on August 3

Lankenau Hospital Lab on East Lancaster Avenue in Wynnewood:

- Between 1:15 p.m. and 3:30 p.m. on August 3

The following groups of people are susceptible to measles infection:

- Infants who are too young to have been immunized (less than one year of age).
- Persons who were vaccinated with an inactivated vaccine, which was used from 1963 through 1967, and have not been revaccinated.
- Some persons born after 1957 who have only received one dose of vaccine.
- Those who have refused vaccination.
- Those from areas of the world where there is low vaccine coverage or circulating measles.
- Immune-compromised persons, such as organ transplant recipients, patients receiving chemotherapy and people living with HIV/AIDS who have impaired immune systems.

Measles begins with a fever that lasts for a couple of days, followed by a cough, runny nose, and conjunctivitis (pink eye). The illness starts with a runny nose, watery eyes, cough, and high fever. After 2 or 3 days, tiny white spots appear in the mouth. After 2 more days, a raised, red rash starts on the face and spreads down the body and out to the arms and legs. The rash usually lasts 4 to 7 days. Symptoms start about 10 days after exposure and last from 1 to 2 weeks. After about five days, the rash fades in the same order it appeared.

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Health officials recommend the following to anyone who may have been exposed during the periods mentioned above:

- If you or your children are susceptible to measles and become ill with symptoms of measles from one to two weeks after possible exposure, contact your primary health care provider immediately and let them know you may have been exposed.

Because measles is highly contagious, individuals should call their health care provider to inform them of possible exposure before going to their office in order to avoid exposing other patients.

Health care providers who suspect measles in a patient should call the Montgomery County Health Department at 610-278-5117 for consultation and to arrange for testing.

This alert also serves as a reminder that Pennsylvania's immunization law requires that all children attending school or licensed day care centers have a record of immunization against measles. The measles vaccine is combined with the vaccines for mumps and rubella (German measles) and is known as the MMR vaccine. Measles vaccine is given to toddlers when they are 12 to 15 months of age. A second MMR is required for all schoolchildren.

Finally because of the risk of measles in both developed and developing countries, all international travelers should be up to date on immunizations, regardless of the travel destination. A pre-travel health consultation is needed 4 to 6 weeks before a trip since many vaccines take time to become effective, and some vaccines must be given in a series over a period of days or sometimes weeks. If it is less than 4 weeks before you leave, you should still see your doctor.

For more information about measles and the MMR vaccine, visit www.health.state.pa.us. Additional information is also available at www.health.montcopa.org and traveler's health information may be obtained at www.cdc.gov/travel.

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